

The Art of Trauma: Expressive arts with clients who have had traumatic experiences

FALL SESSION (Online): November 2, 2020 – January 11, 2021

Instructor: Lee Shields

This eight-week course is designed to support psychotherapists, social workers, front-line staff and other professionals who work with clients who have experienced trauma.

The course uses the basic principles and practice of intermodal expressive arts to guide participants in developing an approach that will help clients shape their relationship to their traumatic experience. Through experiential learning and art making, participants will discover how different artistic practices can help clients engage with their difficult stories. Professionals will also use the arts to explore their own counter-transference and find ways to hold their clients' suffering.

Participants will learn to:

- Identify a client's reaction to a stressful event or memory through sensory-based activities.
- Reinforce a sense of safety by reconnection and self-soothing through art making.
- Use art making to unpack counter-transference to clients' difficult stories.
- Understand the basic principles of expressive arts therapy and the way that play can ease a client's experience of trauma.
- Achieve an understanding of how expressive arts can build strength and resilience for clients who have had traumatic experiences.

No previous artistic experience is necessary.

A reading package will be provided.

The course meets weekly for three hours via Zoom every Monday at **5:30 – 8:30pm**

Cost: \$900

Absences: In order to receive a Certificate of Completion, make-up work is required for missed classes.

Criteria for Evaluation of Students:

We expect students to participate and engage in class activities.

Lee Shields, MA, BSW, Registered Psychotherapist with the CRPO, EXAT. Lee is a graduate of The CREATE Institute, the European Graduate School, Ryerson University and the Toronto Institute for Relational Psychotherapy. In her private practice as an expressive arts psychotherapist and at LUMENUS (formerly Griffin Centre), she has been working for over 18 years with clients who have experienced trauma. Lee is a core faculty member, a supervisor and an associate co-director with CREATE. leeeshields@gmail.com or (647) 668-6094

*This course may be cancelled or postponed to a later date due to low participation or unforeseen circumstances. Participants will be notified of time changes or cancellations within one week notice.